

Energy work

Make the most of your holiday and reconnect with your origin and your strength. With an individual, holistic program tailored to your needs, we will find and release your blockages. It is not always easy to find the right way on your own – our team of therapists will help you do so by drawing from ancient and traditional teachings such as:

Curandero Lights Healing 85 Euro

EMR: Electromagnetic restoration

EMR is used to remove distortions from the body's aura field. Your aura can be distorted when stressed by personal issues. Each of our 7 chakras stores unprocessed and unresolved topics, even from the past. Distortions caused by electrical equipment can also be removed by the EMR. Electrical devices such as high-voltage cables and mobile phone networks cause holes in our electromagnetic fields. Other distortions arise through negative thought patterns and belief systems. If the thought pattern is „wrong“ because you always believe what you see or love, the negative experiences are repeated without understanding the underlying causes.

Chakra Healing

Associated with the power of the individual chakra colours, an initiated healer works on the body level of the client. Each colour has its own meaning and offers a specific opportunity for energy transformation. If you carry a heart pacemaker or other electronic implant, unfortunately you can't have this treatment!

The Classics

Classic massage

25 minutes 35 Euro
50 minutes 65 Euro

Foot reflex zone massage

25 minutes 35 Euro
50 minutes 65 Euro

Lymphatic drainage

25 minutes 35 Euro
50 minutes 65 Euro

Physiotherapy (upon request)

30 minutes 40 Euro
60 minutes 75 Euro

Spa – Body treatments

Cleansing, nurturing, and pampering with the luxury offered by Mother Nature

Sesame & honey body scrub

A nourishing body scrub with sesame and honey. Sesame helps to reduce age spots and dehydration of the skin. Essential oils allow nutrients to better penetrate the skin.

30 minutes 39 Euro

Body wraps

- Aloe vera wrap to heal sun-damaged skin
- Cleopatra pack for velvety-soft skin

30 minutes 39 Euro

Spa rituals

Detox: Natural removal of toxins from your body

- Cupping: to strengthen your body's connective tissues
- Honey massage: to remove toxins
- Himalayan salt peeling in the warming bed: to stimulate metabolism
- Final care

120 minutes 150 Euro

Couple's time

An age-old cleansing or exfoliating ritual in the steam sauna will make your skin soft and supple, followed by a balancing, aromatic foot bath. We then pamper you both with a full-body aroma oil massage

80 minutes for two people 208 Euro

Wander wellness package

- Himalayan salt and sesame oil for your back scrub
- Back-Fit Massage

45 minutes 59 Euro

Signature treatments for the five elements

Air and space

- Flower foot bath for the senses
- Foot reflexology massage for airways
- Warm back wraps with the essential bergamot or sage oil

Fire

- Body peeling in the steam sauna
- Flower foot bath for the senses
- Vitalising full body massage with the ethereal ginger or cardamom oil

Water

- Flower foot bath for the senses
- Fine brush massage for the face
- Intense head, neck and shoulder massage with essential fennel or ylang-ylang oil

Earth

- Flower foot bath for the senses
- Silk glove – full body massage
- Deep connective tissue massage of the arms and legs with essential angelica or myrrh oil

70 minutes per element 95 Euro each



Ashoka Spa – Inspired by nature and its five elements

Holistic rest & relaxation in harmony with nature and its five elements. We have combined different massage techniques, energetic and beauty treatments with the forces of nature.

With fire to ignite your senses, the sea to open wide the expanses, the air and space to your soul in flight, and the earth to give you a solid firmament, come to Madeira to enjoy our comprehensive treatment programme for the wellness of your body and soul.

Our sauna offers fire, our beauty treatments offer water, our massages offer earth, and our peels and body scrubs offer air and space.

We look forward to meeting you!

Your Ashoka Spa team

Opening hours:

Monday–Sunday 9 am – 8 pm

Information and Bookings:

Telephone: 00351 291 930 942
Internal: 5532



Ashoka Spa
at Hotel Galo
Resort

Information and Prices
as of 12/2018

Ashoka Spa

Madeira/Portugal
info@ashoka-ayurveda.com
www.ashoka-ayurveda.com

Natural care – only the best and purest for you

The Ayurvedic skin care series „Holistic Essentials“ was put together with natural and biological ingredients alone, according to the five elements principle and the Ayurveda statement: „All that is placed on the skin should be safe enough to be placed on the tongue“. The skin care collection has been registered as organic producer with the „Organic Farmer’s & Grower’s Association“ of the UK, the world’s oldest organic certification association.

Balance and cleanse your skin with traditional Ayurvedic facials. Each of the following treatments starts with the cleansing of your face and neck and continues with a peeling, moisturising and/or anti-ageing treatment for your specific skin type.

Re-Fresh

This unique facial includes a sandalwood and rose face mask and a stimulating facial massage that refreshes, rejuvenates, and brightens your skin.

60 minutes 78 Euro

De-Stress

This tender facial includes special massage techniques, herbal creams, and facial masks. Very effective for relieving the body and mind of stress and making your skin look wonderfully soft and fresh.

60 minutes 78 Euro

Pure Men

A revitalising facial treatment that stimulates the skin’s circulation and revitalises and cleanses the skin with a special herbal mask.

45 minutes 58 Euro



Complementary beauty treatments

Luxurious spa manicure

This relaxing treatment includes nail shaping, nail soak, cuticle treatment, exfoliation massage with luxurious peeling and nourishing hand mask.

60 minutes 65 Euro

including high-quality nail polish:

80 minutes 75 Euro

Luxurious spa pedicure

This luxurious treatment includes a relaxing foot bath for tired feet, nail shaping, cuticle treatment, exfoliation massage with a luxurious Ayurvedic scrub and nourishing foot mask.

60 minutes 65 Euro

including high-quality nail polish:

80 minutes 75 Euro

Eyelash tinting 18 Euro

Eyebrow correction 18 Euro

Eyebrow dyeing 18 Euro

Ayurvedic treatments

Ayurvedic treatments help to build up your constitution and restore your natural and healthy balance.

Abhyanga: Ayurvedic full-body massage

A relaxing massage that improves lymphatic flow, stimulates the immune system, detoxifies, and strengthens and revitalises your entire nervous system.

60 minutes 84 Euro

Abhyanga as four-hand massage

Double the number of hands, double relaxation. The soothing massage includes two therapists who massage your body in sync to relax your body, mind, and soul.

60 minutes 145 Euro

Trimurti – Ayurvedic full-body pressure-point massage

An Ayurvedic deep-tissue massage designed to draw toxins from your body while helping you to achieve deep relaxation.

60 minutes 84 Euro

Panahasveda: Ayurvedic back massage

Used for muscle relaxation and recovery, to relieve back pain and tension.

60 minutes 84 Euro

Shiroabhyanga: Ayurvedic head, neck, and shoulder massage

A special massage with warm oil to relieve acute and chronic pain and tension. Improves blood circulation in the head and eliminates fatigue.

45 minutes 63 Euro

Mukabhyanga: Ayurvedic face and body massage

A soothing massage with special oils and fragrances. Through gentle acupressure on your energy points, this facial massage has a revitalising and relaxing effect on your mouth and eye area, as well as your neck and shoulders. At the same time, this massage restores harmony and glow.

45 minutes 63 Euro

Padabhyanga: Ayurvedic foot massage

This deeply relaxing foot and leg massage uses special Ayurvedic oils to regenerate, relax, and harmonise the whole body.

60 minutes 63 Euro

Udvaartana: Ayurvedic herbal peel/massage

Ayurvedic herbs are finely ground and mixed with precious oils for this exfoliating massage to give your skin a silky-smooth radiance.

60 minutes 84 Euro



Complementary treatments

Lomi Lomi Nui: massage once given in ancient Hawaiian temples

A full-body massage that is much more than a caressing program. Your body will be kneaded, rubbed, pressed, extended, stretched, and then massaged again to release old tensions and blockages.

60 minutes 84 Euro

Hot stone massage

A truly relaxing treatment where warmed lava is submerged in oil and massaged deep into the muscles.

25 minutes 35 Euro

25 minutes 70 Euro

Shiatsu

Japanese finger pressure massage designed to optimise the vital energy in your body. Specific pressure is applied to the meridians with the thumbs and palms to help restore the balance of your nervous system.

60 minutes 90 Euro

100 minutes 150 Euro

Thai Massage

This traditional massage consists of passive stretched positions taken from yoga, stretching movements, joint mobilizations and pressure point massages. The Thai massage takes place clothed on a floor mat. It is characterized by its dynamic and powerful aspect.

100 minutes 150 Euro

Kalari massage

This massage releases blockages and tension patterns throughout the body to reduce pressure and stress in the spine and joints. This treatment has a lasting, positive effect on your experience of pain, posture, flexibility, and vitality.

60 minutes 90 Euro

Aromatherapy massage

Aromatherapy is a unique body massage in which pure essential oils from plant extracts are used to help relieve physical and mental tension, and specifically relieve certain discomforts.

25 minutes 35 Euro

50 minutes 70 Euro

